



ACTION TIMES

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Best Cancer Hospital Award For ACH Page No. 1

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BIRTHDAY

03-Dec Dr. Jayant Jaswal

07-Dec Dr. Jasmeet Kaur Wadhwa

07-Dec Dr. Gurwant S. Lamba

10-Dec Dr. Ashok Solanki

14-Dec Dr. Vikas Dua

15-Dec Dr. Amar Singhal

15-Dec Dr. Subhash Aggarwal

15-Dec Dr. Parmender Shokeen

17-Dec Dr. Umesh Nautiyal

19-Dec Dr. Sadhna Singhal

25-Dec Dr. Sunita Rai

25-Dec Dr. Raj Anand

25-Dec Dr. Pradeep Kumar Sharma

29-Dec Dr. Prashant Kumar Chaudhary

31-Dec Dr. Sumit Ranian



Family members of Sri Balaji Action Medical Institute & Action Cancer Hospital wishes each one of you a very Happy Birthday

Splashing Acknowledgement Awarded Best Cancer Hospital By Hon. Chief Minister Of Haryana



Action Cancer Hospital has won the award for a Best Cancer Hospital of North India & given by Honorable Chief Minister of Haryana, Sh. Manohar Lal Khatter. The award was received by the Medical Director of Action Group of Hospitals, Dr. Anand Bansal, in a ceremony held at Taj Hotel Chandigarh on 6 Nov 2017.

The award was given in presence of many ministers and dignitaries of Haryana Govt. and office bearers of various hospital from Haryana, Himachal Pradesh, Punjab and Delhi NCR

Award to lady Security Guard for Honesty





"Truth is what keeps the world alive" a phrase which indicates that in this greedy & selfish world, there are few who follow the path of truth, honesty and loyalty. Same happened a few days ago in the premises of Sri Balaji Action Medical Institute where a security guard returned a bag full of cash and valuable items to the hospital authority which was later returned to the owner of the same.

Mr. Kumar (name changed), whose wife was admitted in the labour ward of Sri Balaji Action Medical Institute had forgotten to take his bag from the labour room. The lady guard Mrs. Saraswati Gupta, while on her routine round checked the vacant room and found a bag behind the table. She opened the bag to check for security reasons, but the contents surprised and shocked her. The bag contained 3.75 lacs rupees in cash two expensive mobile phones and a laptop.

She rushed to the senior authorities along with the bag to inform and handover the same, so that it could be returned to the owner. This is such a noble step taken by a

person whose monthly income is menial.

To appreciate her loyalty, Board of directors of Sri Balaji Action Medical Institute Sh.Raj Ji, Dr. Deepika Singhal, Sh. RC Chharia, Medical Director Dr. Anand Bansal, Medical Superintendents Dr. Asha Aggarwal and Dr. Pinki Yadav gave a token of honour and loyalty to the lady guard, Mrs. Saraswati Gupta, in the presence of hospital staff, patients and visitors in the hospital. Ex MLA Mr. Saifi also witnessed the same and appreciated the step taken by the lady guard Mrs. Saraswati Gupta at Sri Balaji

Action Medical Institute.



Tips For Healthy Pregnancy

Sri Balaji Action Medical Institute & Action Cancer Hospital



Dr. Renu Gupta Head Of Unit Senior Consultant Depot. OD Gynae & Obst Sbami

Pregnancy is an important aspect of the journey of motherhood. A female carries an unborn fetus in her womb for 9 months.

Actually pregnancy is not a sickness, it is a normal change of the body to adopt a healthy environment so as to achieve its target healthy fetus (baby) from a healthy

Pregnancy is divided in to three trimesters (1 trimester comprises three months). Lots of myths prevail in the society. A common myth, to go for routine checkup after first trimester, is totally wrong as the woman should consult the doctor 15 days after her first missed period.

Bleeding, of any kind, may be as little as brown discharge or spotting, is a warning signal. Sometimes before the patient notices bleeding, there is already internal bleed in the form a chorio decdual separation (blood clot around the gestation sac) which, if diagnosed in time, can be taken care of, with injections, tablets and bed rest, and pregnancy can be saved from miscarriage.

The other myth about the safety of ultrasound in pregnancy is also very common. Though X-ray and C.T. scan is hazardous and should be avoided at any stage of pregnancy, USG is totally friendly to the mother and the baby. In fact, in high risk patient (having high BP, under

growth baby, less amniotic water around baby, uncontrolled diabetes or bleeding in early pregnancy) repeated USG actually helps to assess and manage the fetus for the better growth and maturity of the baby.

Nutrition is also very controversial in the pregnancy. The basic principle of diet in early pregnancy is small but frequent meals. Nausea/ vomitings are also common symptoms of natural pregnancy. 2-3 vomitings in a day can be acceptable without medication, psychological counseling helps a lot, but if the digestion is so troublesome that nothing is being digested by the woman then the supportive medications (tablets, injections, Iv fluids and sometimes admission) may be required but important point is that self-medication has to be avoided at all cost.

Traveling by vehicles giving jerks is better to be avoided

especially in first and third trimesters. A long journey is preferably to be limited to the second trimester. If necessary, prolonged continuous sitting in a car or aeroplane should be avoided due to the risk of blood stasis and thrombo embolism. She can otherwise continue her usual activities however exercise and strenous work should be avoided especially in the first trimester and last 4weeks. Recreational exercise is permitted as long as she is comfortable. Generally coitus is not restricted during pregnancy however women with increased risk of miscarriage or preterm labor should avoid it if they feel increased uterine

Good dental and oral hygiene should be maintained and the women should wear loose but comfortable garments. High heel shoes should be avoided. Smoking and alcohol are contraindicated.

Vaginal discharge, a very common complaint of women, is actually the normal physiological discharge of pregnancy. Local cleanliness is all that is required, however, if associated with smell, itching, frothing or blood, should immediately report to the doctor.

In short, pregnancy is a blissful moment to be cherished and enjoyed by all with balanced physical and psychological assurance.

TIMES EVENTS



Nov 06: CME on Uro oncology by Dr. Samir Khanna at North Zone Conference of Urological Society of India at Meerut.



Nov 19: 105 Patients attended the multi speciality health check up camp in association with Krishan Sudama Welfare Society at Delhi Haat, Pitampura.



Nov 22: Live telecast of Dr. Subash Aggarwal's Health Talk on Facebook.



Nov 26: 110 Patients attended the multi speciality health check up camp in association with RWA Karampura, at New Moti Nagar.



Nov 11 to 12:29 Patients attended Obesity Check up camp/ Bariatric Surgery Camp at Sri Balaji Action Medical Institute.





Acknowledging Every Where

Hospital was chosen by ITPO to provide first aid medical services at the biggest and largest international trade fair camp at Pragati Maidan from 14 to 27 Nov.



Celebrating Children Day

Children's Day on 14th november 2017 was celebrated at our hospital to enlighten and motivate the kids suffering from cancer. In order to make the event joyful and colourful, crayons were distributed amongst the patients. Abiding by the same they were also wished good health for a prosperous

Media Coverages

ये ट्रेनें हुईं लेट



Growing popularity of medical tourism worldwide

EDICAL tourism can be a new word for you, but the term has become common in many countries and now gaining popularity in India as well. On the global level, the country's rising credibility and emerging new possibilities in the field of medical tourism have created in he for Indians.

or medical tourism have created jobs for Indians.

Medical Tourism is when people who live in one country travel to another ry travel to another city, egion or state to receive nedical, dental and surgical care while at the same time care while at the same time receiving equal to or greater care than they would have in their own home city, and are travelling for medical care because of affordability, better access to care or a higher level of quality of care. People from Asia, Africa, Bangladesh, Afghanistan, Maldives, South Korea, Pakistan, Bhutan and Sri Lanka are coming for health tour in

India. By 2020, the pharmaceutical industry will cross the \$55 billion mark.

What is medical tourism

travel. Medical Tourism is when people travel to obtain medical assistance from lessdeveloped countries to major

developed countries to major medical centres in highly developed countries for treatment unavailable or are comparatively expensive at their home countries.

According to a joint study Hassock with Indian Institute of Tourism and , year-on-year growth is expected to be 15.92 per cent in the pharmaceutical industry. In 2005, the annual growth of the \$6 billion was 17.46 percent annulion was 17.46 percent annu-

THE MASK!

Simply can't avoid coming to a city that's been declared a gas chamber? Here's Delhi-doc advice on how to prevent your body from reacting badly

surgery and hip replacen

ally between 2005 and 2016.

Medical tourism in India
Medical treatment in India
include reduced costs, the
availability of latest medical
technologies, and a growing
compliance on international
quality standards, doctors
trained in western countries
including US and UK, as well
as English speaking personnel, due to which foreigners
are less likely to face language barrier in India. The
most popular treatments
sought in India by medical
tourists are alternative meditourists are alternative medicine, bone-marrow trans-plant, cardiac bypass, eye

surgery and hip replacement.
India is known in particular
for heart surgery, hip resurfacing and other areas of
advanced medicine.
The main reason for boom in
the sector is the climate and
ancient medicine system, in
which the purpose of tourism
is fulfilled along with the
cure of disease. On health

visas, India has crossed the

atory and Sleep Medi-cine, Medanta - The Medicity.

• Avoid open transporta-tion, such as rickshaws and ascooters, says Dr Arya.

• Masks don't protect against environmental pollution; only an N95 respirator will, says the US FDA. Avoid sharing them.

threshold of 42000 in 2013 to 99000 in 2015. According to the report, in the first half of 2015, about one lakh health visitor came to India on health visa. These include health tourists from Bangladesh. Afghanistan, Maldiwes, South Korea, Pakistan, Bhutan and Sri Lanka, including Western Asia, African countries. These health tourists mostly come for the heart, cancer, bone, operation of the nervous system and organ transplant. Simultaneously, traditional Indian medicine, yoga, medi-Indian medicine, yoga, medi-tation, ayurveda and homoeopathic medicine also

Advantages of medical

attract people.

tourism
Price
This is the main reason most people initially cite for their decision to go overseas for medical treatment, but the situation is actually even better than the bare numbers suggest. While there is considerable variation, as a rule of thumb Thailand, India's major competitor, is approximate or the supportance of the suppor

of thumb Thailand, India's major competitor, is approximately 20 per cent more expensive while the South American and other medical tourism hubs weigh in at 50-100 per cent more than India.

Service

The quality of treatment and other services are assured to be good and that to at the best price possible. For the price of a basic single in the United States, a medical tourist could rent an Imperial or Royal Suite at Thai hospitals, including guest bedrooms, a living room and a dining room. oom and a dining room.

prospective medical tourists grapple with is accepting a

threshold of 42000 in 2013 to upper-class treatment. Quali-99000 in 2015. According to ty goes up, not down.

Greater choices
Medical tourists also have
greater access to different
treatment types than those
who choose not to travel.
With a well-planned tour,
most surgeries can be conducted within days of landing and consultation in any of
the medical tourism hubs.

Medical tourism is often as much about the tourism as the medicine. For those undergoing major surgery, there is no better place to there is no better place to recover than a bungalow with a view of the beach while receiving physical therapy. Similarly, for fami-ly accompanying a patient a week at the beach or a shop-ping spree can clear up a lot of stress following a surgery.

Disadvantages
Language and culture barrier
While some people enjoy
travelling and experiencing
new cultures, patients about to undergo major surgery are rarely among them. For those with little experience in trav-elling, staying at home may be less stressful, than the more expensive alternative.

No legal recourse While the treatments for complications are also low-priced, there will be effectively no opportunity to get financial compensation either to pay for more treatment or for emotional distress.

Finding the right hospital or travel agent is often a stumbling block for medical tourist. Agents can take care of other issues with your trip, of other issues with your trip, however, such are air tickets, hotel bookings and tour packages. If you have little experience travelling, they are a safe bet. When looking for agents to recommend a location for your medical care, however, it is better to research and choose your destination country yourself.

<mark>रहें अलर्ट</mark> पीएम 2.5 का स्तर 287 माइक्रोग्राम प्रति क्यूबिक मीटर पहुंचा, बीमारियों की चपेट में आ रहे लोग गुड़गांव सहित दिल्ली-एनसीआर में फिर छाया जहरीला स्मॉग

विजिबिलिटी घटकर 100 मी. तक पहुंची, ट्रेनें भी छह घंटे लेट

गुड़गांता. सुबह के समय छाए कोहरे में एक्सोस ये से गुजरते वाहन। नोट ननक के अनुसर पीरून 25 की नाम 60 से नाहजोग्रान पीर कपूर्विक मीटर होनी चाहिए।

CATCH TOUCH

खुलेंगे, आदेश ३० नवंबर तक होंगे प्रभावी

Quote by Dr. Animesh Arya, Sr. Consultant, Respiratory



Quote by Dr. Animesh Arya, Sr. Consultant, Respiratory Quote by Dr. Pinki Yadav, Medical Superintendent Quote by Dr. Priya Verma, Nutrition

All consultants are requested to kindly update Medical Director about the advanced and complicated surgeries performed so that same can be provided to PR Agency for publicity





जीना मुहाल न कर दे ये

Sri Balaji Action Medical Institute & Action Cancer Hospital

पिछले कुछ दशकों में पूरे विश्व में दुर्घटनाओं<mark>, चोटों और मानसिक</mark> आघातों के मामले लगातार बढ़ रहे हैं। अगर प्रभावित व्यक्ति को सही समय पर चिकित्सा सहाराता उपलब्ध करा दी जाए तो इनके कारण होने वाली मौतों और विकलांगता को रोका और कम किया जा सकता है। ट्रॉमा और उससे बचात के बारे में जानकारी दे रही हैं श**मीम खान**

क्या है टॉमा

शारीरिक ट्रॉमा

टोशिटाएए प्रध्या इसका अर्थ है जरावेर को कोई भी खांत्र पहुंचना। यह खीत कई कारणों ये पहुंच सकती है। सड़क दुर्घटना आग, जलना, गिरना, हिंसा की घटनाएं, प्राकृतिक आगदाएं आर्थित इससे प्रमुख हैं। इस सब कारणों में से पूर्विक्ट्य में ट्रॉमा का सबसे प्रमुख करात्पा इस सुर्घटनाएं हैं। प्रतिवर्ष पूरे विक्ट्य में त्यापम 5ट लाख लोग चोटों के कारण मर जाते हैं और लगभग

टॉमा के शारीरिक लक्षण • अनिद्रा या दुःस्वप्न। • आसानी से चौंक जान

कैसे उमरें टॉमा की स्थिति से

ोमे में डॉक्टर से संपर्क करें

ासी. एंग्जाइटी या हताशा से उभर नहीं

हमारे विशेषज्ञ



मानसिक आघात के शिकार न हो जाएं

भाउनास्था आधान के साथ प्राथितिक आधान हो, यह जाननी जी है, ही है। हर सहा प्राथितिक आधान अपने साथ मानिक आधान भी जात है। हरतीस्था साई जाने के कि धानकारक पूर्ण को समझा जग्न और हरतार तुस्त जावार कराया जाए पोस्ट हींग केवार में कहा, वालीक स्थातिक और साधीन की साधीनिक होते हैं। हमें के करायों के साईचार उपायत निविधित किया जाता है। अपने यह विभी जावार की अनुसार प्राथा निवधित की यह प्राथा करायों के मानिक जाता है। अनुसार प्राथा निवधित जाता है। अपने यह निवधित की साईचार की जाता है। अवस्थानक होने के प्रायान के लिए की साईचारिकीयों का उपयोग किया जाता है। किये दीक पेरीची प्रकार ताता है। बस्तों और सई देनी के उपतास के किए हमका इस्तोजन किया जाता है।

कागनीटिव थेरेपी द्धार टॉफ बेरेपी में आपके सोवने के तरीके को पहचानने में सहायता की जाती है। इसमें आपको एहसास कराया जाता है कि नकारात्मक स के कारण आपके जीवन की गुणवत्ता प्रभावित हो रही है।

एकमार्क्तिय शेरेगी

क्या कहते हैं आंकड़े

Quote by Dr. Pallavi Joshi, Sr. Physiologist

S-cum-HO

Here's a list of places in the city that are making childbirth easier for new mothers

Quote by Dr. Renu Gupta, Sr. Consultant, Gynaecologist and Obstetrics

Posture for a Healthy Back

Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities

- Keeps bones and joints in the correct alignment so that muscles are being used properly.
- Helps decrease the abnormal wearing of joint surfaces that could result in
- Decreases the stress on the ligaments holding the joints of the spine together.
- Prevents the spine from becoming fixed in abnormal positions.
- Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- Prevents strain or overuse problems.
- Prevents backache and muscular pain.
- Contributes to a good appearance.

What is the best position for sleeping and lying down?

Try to sleep in a position which helps you maintain the curve in your back (such as on your back with a pillow under your knees or a lumbar roll under your lower back; or on your side with your knees slightly bent). Do not sleep on your side with your knees drawn up to your chest. You may want to avoid sleeping on your stomach, especially on a saggy mattress, since this can cause back strain and can be uncomfortable for your neck.

Select a firm mattress and box spring set that does not sag. If necessary, place a board under your mattress. You can also place the mattress on the floor temporarily if necessary. If you've always slept on a soft surface, it may be more painful to change to a hard surface. Try to do what's most comfortable for you.

Try using a back support (lumbar support) at night to make you more comfortable. A rolled sheet or towel tied around your waist may be helpful.

When standing up from the lying position, turn on your side, draw up both knees and swing your legs on the side of the bed. Sit up by pushing yourself up with your hands. Avoid bending forward at your waist.

Cancer and Tobacco Use

People are still dying from cancers caused by tobacco use.

People who use tobacco or are exposed to secondhand smoke are more likely to get and die from cancer.

- Tobacco smoke has at least 70 chemicals that cause cancer, also known as carcinogens.
- Lung and colorectal cancers make up more than half of all cancers linked to tohacco use
- Secondhand smoke exposure causes about 7,300 lung cancer deaths among nonsmoking adults each year.

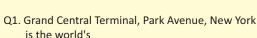
Tobacco use is the leading preventable cause of cancer and cancer deaths.

- About 3 in 10 cancer deaths are caused by cigarette smoking. Lung cancer is the leading cause of cancer death for both men and women.
- Quitting tobacco use at any age can reduce the risk of getting or dying from
- •Getting screened for cancer can lead to fewer people getting or dying from some tobacco-related cancers (oral, colorectal, and lung)

Tobacco use causes at least 12 types of cancer.

Cancers linked to tobacco use make up 40% of all cancers diagnosed. Cigarette smoking causes 3 in 10 of all cancer deaths.





- (A) largest railway station
- (B) highest railway station
- (C) longest railway station
- (D) None of the above
- Q2. Entomology is the science that studies
- (A) Behavior of human beings
- (C) The origin and history of technical and scientific terms
- (D) The formation of rocks
- Q3. Eritrea, which became the 182nd member of the UN in 1993, is in the continent of
- (A) Asia
- (B) Africa
- (C) Europe
- (D) Australia
- Q4. Garampani sanctuary is located at
- (A) Junagarh, Gujarat
- (B) Diphu. Assam
- (C) Kohima, Nagaland
- (D) Gangtok, Sikkim
- Q5. For the Olympics and World Tournaments, the dimensions of basketball court are
- (A) 26 m x 14 m
- (B) 28 m x 15 m
- (C) 27 m x 16 m

(D) 28 m x 16 m

Last Month Ans: 1(B), 2 (D), 3(D), 4(B), 5(B)

Please send your responses of Quiz along with your name, designation & mobile number on rohitsbami@gmail.com by 15 December 2017. Winners would be decided on first come first basis and would be suitably awarded.